

## Join us in the fight against hunger by volunteering!

By giving your time and energy to assist families throughout the Houston Food Bank (HFB) 18-county service area you will help us reach hungry children and their families in southeast Texas. We take volunteers as young as 6 years old!

### The Need

- On a given day, 66,000 people in southeast Texas experience hunger; 5,000 are children
- 800,000 individuals receive assistance with food each year throughout the Houston Food Bank (HFB) 18-county southeast Texas service area.

**FY '16**  
**70,000**  
**unduplicated**  
**volunteers**

**1,500**  
**completed**  
**court ordered**  
**service**

**451,859**  
**volunteer hours,**  
**equal to 217 full**  
**time employees**

**It's easy to volunteer!** Go to [houstonfoodbank.org/volunteer](http://houstonfoodbank.org/volunteer)

- Complete the individual Scheduling Request (choose your shift)
- Register as a volunteer (online waiver and profile form)
- Come and volunteer
- Bring your friends. Have fun, team build, or make it a competition. You get right to work when you come in, and the feeling is great!

### We have two locations

#### Main Warehouse

535 Portwall Street  
Houston, 77029  
713-223-3700

#### Keegan Kitchen

535 Portwall Street  
Houston, 77029

## Become a specialized Houston Food Bank Volunteer

Apple Core Leaders - A dedicated group who donate time regularly and lead their own projects

Student Heroes - High school students get training in volunteer based leadership roles

Core Specialists - Volunteers with specific areas of expertise are matched with projects

Social Media Ambassadors - media-savvy professionals who help spread the word about our work

Backpack Buddy Monitor - To ensure quality at each Backpack Buddy school, volunteers are needed to evaluate program compliance



This institution is an equal opportunity provider

For more information contact our Volunteer Service Department at 832-547-8604 or visit our website at [houstonfoodbank.org/volunteer](http://houstonfoodbank.org/volunteer)

**A gift of \$1 provides 3 meals for a hungry child, senior, or adult**  
535 Portwall • Houston, Texas • 77029 • 713 223 3700